



BAL SABHA ACTIVITY (INTER-SECTION)

EVENT: SALAD MAKING

'A Healthy Bite will take you on many rides.'

Date: 07.02.18
Classes: I, II & III
Venue: Respective Classrooms
Time: BAL SABHA PERIODS (tentatively)

RULES AND REGULATIONS:

- Participation of all students is mandatory.
- Students will wear their apron & a chef's cap. They will receive training from the Art Teacher on how to make the chef's cap during the regular Art Periods.
- They will prepare healthy salad by mixing up all the appropriate ingredients in their respective classrooms & plating their preparation in the most presentable manner.
- Students need to take care of hygiene before and while preparing the salad. Class Teachers to ensure that they wash/sanitize their hands properly.
- The ingredients must be neatly & hygienically packed by parents and send to school. They need to train their children to mix up all the ingredients for a Healthy and *Yummylicious* salad preparation.
- The Class Teachers will maintain all records on a nominal roll.
- The Class Teachers will select best two preparations based on the judgement criteria.
- Nominal Rolls & the selected preparations will be forwarded to respective convenors immediately after the competition, for final judgement by the nominated judges.

MATERIALS/ INGREDIENTS TO BE BROUGHT:

- plastic/steel plate, spoons, paper napkins
- apron, chef's cap
- sprouts, corns, cottage cheese (*paneer*) neatly diced in cubes, seasonal fruits, carrots, radish-All finely chopped, salt, ground black pepper, *chaat masala*.

CRITERIA FOR JUDGEMENT:

- Ingredients Used : 5 marks
- Neatness : 5 marks
- Taste & Overall Presentation : (5+5) =10 marks
(Overall Presentation includes wearing of the apron, the chef's cap and how neatly the salad has been prepared by the child.)

CONVENORS

Ms. A.Bhatnagar (Class-III)
Ms. D.Prabhakar (Class-II)
Ms. V.Jaitley (CLASS-I)

H.M. (Primary Dept.)

Ms.V.Pujari

Distribution:

Activity Co-Ordinator
'D' Section Teachers
Students' Notice Board & School Website